

# Collaborative Problem Solving® 6-Week Parent Course

Help for adults addressing chronic challenging & concerning behaviors

**Facilitated by**  
**Debra Ann Afarian**  
**& Elisa Brown**  
CPS Certified Experts



## On-going Courses

Daytimes: 10am-Noon

Evenings: 7pm-9pm

Saturdays: 10am-Noon

## Registration Required

[www.hbcc.us](http://www.hbcc.us)

## Location

145 W. Main Street, Suite 260  
Tustin, CA 92780

## Cost

\$175 per person/\$275 per couple  
Tuition Assistance Available

**email:** [info@hbcc.us](mailto:info@hbcc.us)

**Phone:** (714) 695-1057

### Disclaimer:

*Facilitators are CPS Certified and receive ongoing supervision from Think:Kids (T:K). The parenting class is independent of, and has no direct affiliation with T:K or Massachusetts General Hospital (MGH). T:K is a program in the Department of Psychiatry at MGH.*

**Additional resources can be found at:**  
[www.thinkkids.org](http://www.thinkkids.org)



- Learn the Collaborative Problem Solving® approach & effective ways to reduce parent | child power struggles
- Pandemic fatigue can create challenging behaviors for the neurotypical child and exacerbate emotions for the neurodiverse
- Learn how to build skills & confidence using a relational, collaborative approach that teaches much needed coping skills
- Develop a new understanding of how challenging behavior occurs and learn new ways to help your child
- Rethink conventional approaches to behavioral difficulties and strengthen relationships



## The CPS Approach

The Collaborative Problem Solving® approach is an evidence-based method to managing challenging behavior that promotes the understanding that **challenging kids lack the skill - not the will - to behave**; specifically, skills related to problem-solving, flexibility and frustration tolerance.

Unlike traditional models of discipline, the CPS approach avoids the use of power, control and motivational procedures and instead focuses on collaborating with the child | youth | young adult to solve the problems leading to challenging behavior and building the skills they need to succeed.